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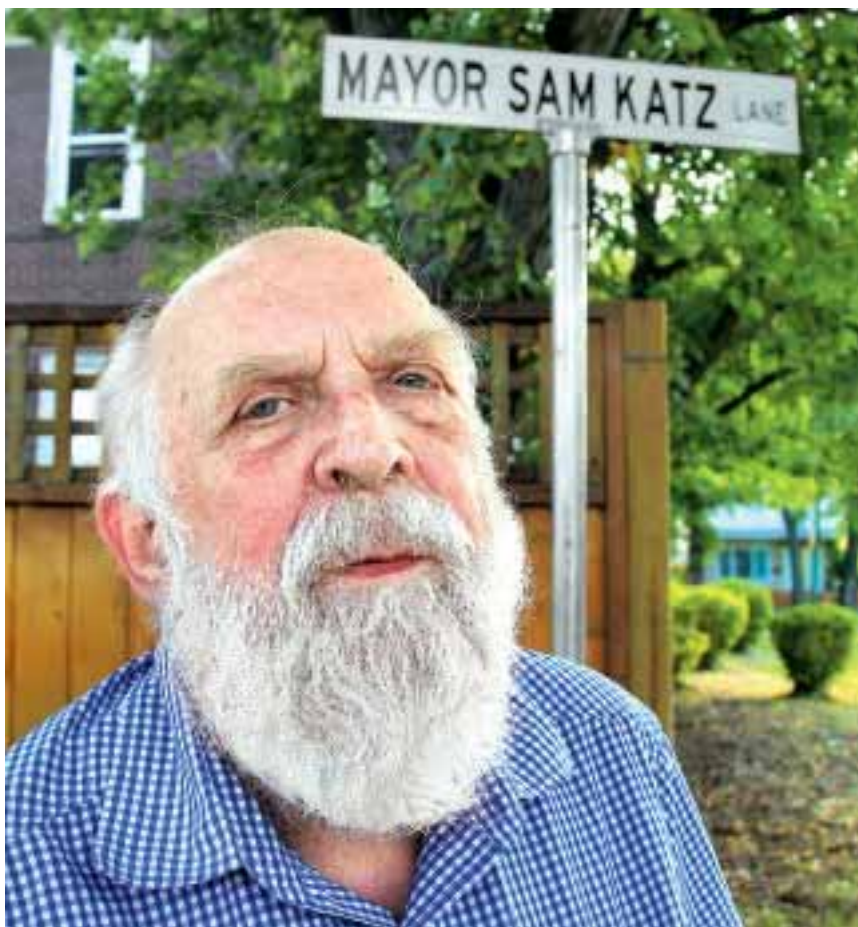
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Coun. Harvey Smith is drawing attention to his ward's crumbling back lanes by renaming them after Mayor Sam Katz and fellow councillors on the executive policy committee. BERNICE PONTANILLA/METRO

Worst back lanes named after mayor, EPC

Neglect? Coun. Harvey Smith hopes Katz will take a look at his 'lane'



BERNICE PONTANILLA
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A Winnipeg city councillor has come up with a novel way to bring attention to the sad state of back lanes in his ward — he's named them after Mayor Sam Katz and members of the city's executive policy committee.

Coun. Harvey Smith (Daniel McIntyre) said residents told him they've called the city's 311 number and reported the potholes, but nothing has been done within the promised three-month time-frame.

"I've talked about back

lanes for years and years," said Smith, adding the "neglect" goes back to previous administrations such as Mayor Glen Murray's.

"I'm getting tired of just talking about them and this way I'm encouraging the EPC members to come and visit their back lane that I've named, and go up and down the back lanes in my neighbourhood."

Smith said he put up the signs now because senior city officials and politicians are currently working on the budget for 2014.

"I want more money for back lanes, when I can only get a few blocks done, that's not good enough, that's not tackling the problem," he said, adding that residents have "given up."

"People have moved away from my neighbourhood because of the condition of the

back lanes and the streets."

A city spokesperson said the 2013 adopted budget includes \$2.7 million specifically for lane renewals and, of that, about \$1.7 million is going to repairs on back lanes in the Daniel McIntyre ward, which includes the West End, Wolseley and the area surrounding Central Park.

In January, Katz announced that of the 3.87 per cent property tax increase for 2013, one per cent is dedicated solely to the Local Street Renewal Reserve, a new fund that will increase the budget for street repairs by 66 per cent, to \$35.86 million from \$21.65 million.

Smith said he does recognize that Katz is putting more funds towards streets, but he and EPC "have to do better."

"We're just ignoring the problem and I want this administration not to ignore it any longer," he said.

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AC a dicey proposition at the Leg, despite sweltering heat

Summer session.
High cost cools air-conditioning idea



SHANE GIBSON

shane.gibson@metronews.ca

It's been a long, hot summer for Manitoba MLAs stuck in the Legislative Building locking horns over the PST hike, and as the debate heats up inside the building's air-conditioned chamber, some are starting to wonder why the rest of the building doesn't have AC, too.

It's a question that comes up every few years — especially during summer sessions — according to Susanne Parent, director of operations with the building's accommodation services division.

She said there are about five million reasons the nearly 100-year-old building doesn't have air-conditioning.

"It would cost roughly about \$5 million to get central

Cool fact

- All of the windows open at the Manitoba Legislature, which, along with the building's unique shape, was designed for cross airflow to naturally cool the building in the days before air-conditioning, Susanne Parent says.

air put in," she explained, noting it would have to compete with all of the government's capital projects.

"At this point, the consensus is there's so many other priorities that it's just not a priority."

Highly non-scientific research completed by a sweaty Metro reporter on Monday — when the temperature outside hit 32 C — showed the coolest part of the building to be the desk at the front door, at a breezy 29 C. The hottest section was the southwest corner of the third floor, which registered a balmy 31 C on a dollar-



Progressive Conservative policy analyst David Safruk and his biggest fan, which keeps him as cool as he can be in an office on the second floor of the Manitoba Legislative building, where the temperature hit 30 C on Monday. SHANE GIBSON/METRO

store thermometer.

As for the political will required to get the building filled with glorious artificially cooled air, both the ruling

NDP and the opposition Tories said it's not a priority.

But Liberal Leader Jon Gerrard said he's all for the idea, and suggests the government

should put the project in its five- or 10-year plan.

"It might help with some of the hot air in the Legislature in the summer," he chuckled.



Winnipeg group Alfa helped launch the city's newest music space, Union Sound Hall. COURTESY GREG GALLINGER

New music venue spurns bar vibe

There's a new sound coming out of Winnipeg's East Exchange District.

Union Sound Hall, at 110 Market Ave., is helping to fill the music-venue void left by the recent closures of the Royal Albert Arms, Lo Pub and Negative Space.

"The timing was nice," said Tyler Sneesby, a.k.a. DJ Hunnicut, one of eight owners of Union Sound.

"Even though the owner-

ship is primarily DJs, with Tim Hoover, Fraser Auld, Lonnie C, John Lambert and I, we were dead set on it being a concert venue and not just another nightclub. Winnipeg didn't need another nightclub — it needed a live concert venue, so in that sense we thought we are filling that void. The timing was just serendipitous."

Joining them in the venture are Brooklyn's Bistro

owner Sam Colosimo, Urban Bakery owner Kevin Trosky and Greenroom general manager Dave Davis.

Opened about two weeks ago, Union Sound Hall has two stages, a 100-capacity room for local and smaller touring shows and a 400-capacity room for bigger acts.

"We're trying to keep (the programming) diverse, trying to not have any pretence," Sneesby said. "We don't want

people saying, 'That's not my kind of room.' The one thing I've always liked about a venue like the Pyramid Cabaret is that they have every style of music in that room. There are no expectations of what kind of sound there needs to be here. We're keeping it open."

For more information on Union Sound Hall, including upcoming shows, go to union-soundhall.com.

JARED STORY/FOR METRO



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Youth education. United Fire Fighters of Winnipeg to release plan to combat arson

The union representing Winnipeg firefighters will release a plan Tuesday outlining its solution to the rash of arson-related fires the city has seen this summer.

While United Fire Fighters of Winnipeg head Alex Forrest wouldn't get into all the details of the plan, he said Monday its focus would be educating youth.

And if that doesn't sound like a new idea, it's because it isn't.

"When arson really hit hard in the 1990s ... we created the Youth Fire Stop program," he explained. "We would have one-on-one firefighters for kids referred by the courts or by parents."

Data from the union shows the Youth Fire Stop program saw 260 kids go through the program in 2007; a year the

Damages

- Two suspicious fires in Winnipeg garages early Monday morning caused a combined \$56,000 in damages.
— WINNIPEG POLICE SERVICE

city saw 226 arsons. The same data shows that since the two people who ran the program retired and weren't replaced, it had just 76 kids in 2012; a year the city saw 583 arsons.

"Our resources dried up because we were actually making a dent and it wasn't a priority anymore," said Forrest, who noted the program's scope was also reduced to include kids up to 10 years of age, down from 12. **SHANE GIBSON/METRO**

34-hour wait. ER video released at inquest into Winnipeg man's death

An inquest examining the death of a man during a 34-hour wait in a Winnipeg hospital emergency room has seen video of Brian Sinclair's final hours languishing in a waiting room.

Surveillance tape from two cameras at Winnipeg's Health Sciences Centre shows Sinclair being wheeled to the triage desk by a taxi driver at 2:53 p.m. on Sept. 19, 2008.

The taxi driver leaves the 45-year-old double-amputee in a lineup at the desk. After less than a minute, Sinclair is approached by a triage aide, who appears to talk to him and makes notes on a pad of paper.

At one point, the aide leans in toward Sinclair.

There is no audio accompanying the video.

"There is no doubt he is addressing Brian Sinclair at this point," Sgt. John O'Donovan, who is walking the inquest through hours of security footage, said Monday.

After about 30 seconds, Sinclair wheels himself into the waiting room and finds a spot to park in front of the security desk.

O'Donovan told the inquest that Sinclair didn't leave the waiting room from the time he arrived until he was found dead 34 hours later. **THE CANADIAN PRESS**



Minister Eric Robinson speaks to reporters on Monday at the Legislative building. SHANE GIBSON/METRO

Premier forgives 'do-good white people' comment

Burlesque fundraiser criticism. Selinger rejects calls for Eric Robinson's resignation

My sincerest apologies to all the white people I may have offended

"I apologized. It was a poor choice of words. Maybe I should have used non-aboriginal (instead of white)."

Deputy Premier Eric Robinson

Manitoba Premier Greg Selinger rejected opposition demands Monday to reprimand his deputy premier, who referred to the "ignorance of do-good white people" in an email.

Eric Robinson, who is aboriginal, has already apologized for the remark and will remain in cabinet, Selinger said.

"He's staying in cabinet because he's done a good job on the issues that he's been responsible for," Selinger told

reporters.

The Opposition Progressive Conservatives have been calling for Robinson's resignation since the comments came to light last week. They are contained in an email Robinson wrote to a government staff member about a burlesque show to raise money for the Osborne House women's shelter.

Robinson wrote that the event demonstrated "the ig-

norance of do-good white people without giving it a second thought."

Robinson, who is also the minister responsible for aboriginal affairs, repeated his apology Monday. But he stood by his belief that a burlesque show was an inappropriate way to fundraise for a women's shelter and suggested he has a right to express his feelings.

"I think I'm entitled to say that because I experienced

racism first-hand," said Robinson, who went through residential school as a child. "I apologized. It was a poor choice of words. Maybe I should have used non-aboriginal (instead of white)."

The CEO of Osborne House, Barbara Judt, has filed a complaint with the Manitoba Human Rights Commission.

Tory Leader Brian Pallister said Selinger has been too reluctant to clamp down on his caucus.

"This premier has missed numerous opportunities to show leadership, and increasingly it's evident that members — not only of his backbench but of his cabinet — are not behaving appropriately."

THE CANADIAN PRESS

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Weekly Transit News Update

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Winnipeg Transit's fall service schedule will be in effect Sunday, September 1. Please visit winnipegtransit.com for complete schedule information. Seasonal service adjustments are made to match changes in ridership demand and to improve schedule reliability and transfer connections.

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Monday, September 2, Winnipeg Transit will be operating on a Sunday schedule. Please visit winnipegtransit.com or call 311 for schedule information.

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UN inspects scene of alleged chemical attack in Syria

Damascus. Team collects samples, conducts interviews after surviving sniper attack on way to site

UN experts collected samples and testimony from Syrian doctors and victims of an alleged chemical weapons attack Monday following a treacherous journey through government and rebel-held territory, where their convoy was hit by snipers.

As U.S. officials said there was very little doubt that Syria used chemical weapons and Western powers stepped up calls for swift military action, President Bashar Assad's government vowed to defend itself against any international attack, warning that such an intervention would ignite turmoil across the region.

Snipers opened fire on the UN convoy, hitting one of the vehicles carrying a team on its way to investigate the Aug. 21 incident.

Martin Nesirky, a spokes-



In this image taken from amateur video posted online, a presumed UN staff member appears to measure and photograph a canister on Monday in the suburb of Moadamiyeh in Damascus, Syria, where the Syrian regime allegedly used chemical weapons. MOADAMIYEH MEDIA OFFICE/THE ASSOCIATED PRESS

man for UN Secretary-General Ban Ki-moon, said one of the UN vehicles was "deliberately shot at" in the buffer zone between rebel- and government-controlled territory, adding that the team was safe.

Activists said the inspectors eventually arrived in Moadamiyeh, a suburb of Damascus and one of the areas where the alleged chemical attack oc-

curred.

In videos uploaded by the Moadamiyeh media office, UN inspectors were seen interviewing hospital patients.

"After the shells landed, I went downstairs and ... felt dizzy. I fell down, nauseous. Everything became distorted," one bearded man was seen telling a UN official.

THE ASSOCIATED PRESS

Tough talk by U.S.

Kerry says evidence of attack is 'undeniable'



U.S. Secretary of State John Kerry
THE ASSOCIATED PRESS

U.S. Secretary of State John Kerry declared Monday that there was "undeniable" evidence of a large-scale chemical weapons attack in Syria, toughening the Obama administration's criticism of President Bashar Assad's regime and outlining a justification for possible U.S. military action.

Kerry, speaking to reporters, said last week's alleged attack was a "moral obscenity" that "should shock the conscience" of the world.

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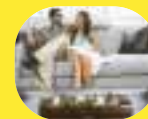
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Harb resigns from Senate, gives Liberals clean slate

Retains pensions. Harb borrows \$230,000 to pay back the entirety of his disputed expenses

Veteran Liberal politician Mac Harb handed his former caucus a gift just before its annual summer retreat, resigning from the upper chamber and paying back all his questionable Senate expenses.

That now leaves only three former Conservative senators hanging on in the red chamber, despite pressure to resign over a raft of inappropriate financial claims and connected police probes.

Liberal Leader Justin Trudeau had faced criticism from his rivals for saying he would welcome Harb back into the caucus once he settled the issue of his living expenses.

That problem appears



Mac Harb says he never considered the Senate to be a position for life anyway. SEAN KILPATRICK/THE CANADIAN PRESS FILE

to have been solved in time for the Liberal get-together in P.E.I. beginning Tuesday, where financial transparency will be the main focus.

Harb had been fighting the Senate in court over its assessment that he had im-

properly claimed to be living primarily in a home outside of the national capital region. That complicated legal battle has now been abandoned.

"I have been contemplating retirement for some time as I personally never con-

sidered the Senate to be a lifetime position," Harb said in a statement Monday.

"These past few months have been extremely difficult for me and my family and caused me to evaluate what more I could contribute in

the circumstances."

Harb says he sent the Senate a cheque for \$189,166, bringing his total reimbursement to \$231,649 or the entirety of his living-related expenses.

Records show Harb has borrowed \$230,000 by using mortgages against four properties to get loans from a numbered company owned by an Ottawa lawyer and businessman.

The Canadian Taxpayers Federation quickly pointed out Monday that Harb will still be able to draw from healthy MP and Senate pensions now that he has retired.

Former Liberal Sen. Raymond Lavigne, convicted of fraud and breach of trust in 2011, retired before the Senate was able to strip him of his seat. As a result, he was still able to collect his pensions, an estimated \$80,000 annually. **THE CANADIAN PRESS**

Senate scandal

Tories should pay for audits: Mulcair

NDP Leader Tom Mulcair says the Conservative party should pick up the cost of auditing a pair of former Tory senators who filed improper expense claims.

Mulcair made the comments Monday as he highlighted his "Roll up the Red Carpet" tour, part of a campaign to publicize his party's support for Senate abolition. **THE CANADIAN PRESS**

Vancouver

City accidentally hires Hells Angel

The City of Vancouver is reviewing its hiring practices after a member of the Hells Angels was hired as a garbage collector. But routine criminal-record checks on employees might not be in the cards.

City manager Penny Ballem noted that such workers have no contact with kids or valuable information or inventory.

THE CANADIAN PRESS



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Thai police crack down on nitrous oxide balloons

Bangkok. Authorities arrest vendors who are selling laughing gas in backpacker district

Thai authorities are cracking down on vendors in Bangkok's main backpacker district selling cheap doses of balloons filled with nitrous oxide, or laughing gas, to tourists.

Eight vendors have been arrested since police first noticed the trend a few weeks ago along Khao San Road, a pedestrian street lined with bars and cheap hotels, police Lt. Col. Pitiphan Kridakorn said Monday.

Each dose sells for about 130 baht, or \$4.30. Pitiphan



Balloons filled with laughing gas are being sold to tourists in Thailand, and police are trying to halt the trend before it spreads. GETTY IMAGES FILE

said the sale of drug-filled balloons started in popular beaches, such as Koh Samui, Pattaya and Koh Pagnan — an

Side effects

- Illicit sales of nitrous oxide could cause harmful side effects to users and give the country a negative image, said a Thai police official.
- Those arrested face up to five years in prison and a more than \$300 fine for selling medicine without authorization.

island known for "full moon" parties fuelled by drugs and alcohol.

He said police are trying to curb sales of the drug-filled balloons in the capital before it gains wider popularity.

THE ASSOCIATED PRESS

N.W.T. Resource projects facing labour shortage

Finding skilled labour will be a challenge as major resource projects move ahead in the Northwest Territories, said the territorial minister in charge of energy and mining.

The territory will need around 3,000 new workers, with several new mines set to open over the next eight to 10 years, David Ramsay said Monday in Yellowknife.

"With our remote location (and) the cold weather, it may be difficult for us to attract people to live in the Northwest Territories, but we are going to put our best effort into that," he said.

Some smaller aboriginal communities in the Northwest Territories have a 30 to 40 per cent unemployment rate, so there's a big need for training programs geared toward the jobs that will be coming, he said.

Energy ministers from across Canada are holding their annual meeting in Yellowknife this week. Ramsay said he'll talk to his counterparts about the idea of a made-in-the-North pipeline, which could enable crude to be exported on tankers from the Beaufort Sea or from the Alaskan port of Valdez.

THE CANADIAN PRESS



A man stands at the edge of Alexandra Falls on the Hay River in the Northwest Territories last week. The idea of a made-in-the-North pipeline is being floated at a meeting of energy ministers in Yellowknife. SEAN KILPATRICK/THE CANADIAN PRESS

Wireless market. Foreign ownership limits should be nixed, think-tank says

If the federal government really wants healthy competition in the wireless market, a new report says it should just do away with the limits on foreign ownership and other regulations.

The analysis published Monday by the right-of-centre Fraser Institute is the latest input into the heated debate on the upcoming auction of valuable wireless spectrum.

The big three Canadian providers — Bell, Telus and Rogers — are furious that current rules might allow a U.S. giant like Verizon to bid at the auction.

As the system works now, the government limits how much of the spectrum the big "incumbent" companies can buy up, in order to encourage smaller players to come to the table. That theoretically would stimulate competition across Canada and ultimately keep prices down.

But those smaller players — Wind Mobile or Mobilicity for example — could be bought up by a firm like Verizon, which would theoretically have an easy time snapping up the spectrum that is off limits to the incumbents. Because those big Canadian firms aren't allowed



The big three Canadian telecom providers are furious that current rules might allow an American giant like Verizon to enter the wireless market here. THE ASSOCIATED PRESS FILE

to bid on all the spectrum available, that could drive down the size of auction bids and give Verizon a potentially good deal.

The report, written by senior Fraser Institute fellow Steven Globerman, says that getting rid of the remaining barriers to foreign entrants in the Canadian marketplace would create fears of hostile takeovers of the big three companies, thus creating an incentive for them to be more efficient.

Industry Minister James Moore has already signalled he will not be changing the rules around the January 2014 auction. THE CANADIAN PRESS

Mobile

Broadcaster orders BlackBerry Q10 smartphones

BlackBerry says it has received an order for 2,000 new keyboard smartphones from Hispanic broadcaster Univision Communications. The company says the order for the BlackBerry Q10 devices will upgrade all of the BlackBerry phones used by employees at Univision, which is one of the largest broadcast networks in the U.S. THE CANADIAN PRESS

Education

The Donald fires back at AG over Trump U lawsuit

Donald Trump on Monday defended his Trump University as a booming success for student entrepreneurs and blasted New York's Attorney General Eric Schneiderman as a "political hack looking to get publicity."

Schneiderman said Trump is making wild accusations, just like others who commit fraud and get caught. He has filed a lawsuit alleging the real estate mogul helped run a phoney university that promised to make students rich.

THE ASSOCIATED PRESS

Personal finance

Seniors piling on debt, report finds

Canadian households have returned to their free-spending ways and seniors have joined in by borrowing to finance their post-retirement lifestyles, a new report says. The Equifax Canada report shows total consumer debt in Canada rose \$77 billion, or 6.1 per cent, in the second quarter of 2013 from last year, and by 6.5 per cent among those 65 and over.

THE CANADIAN PRESS

Market Minute

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95.21¢ (-0.02¢)

TSX
12,760.30 (-2)

OIL
\$105.92 US (-50¢)

GOLD
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WHEN WE GO TOO FAR WITH FOOD

Our relationship to food is beyond sustenance. We photograph it, tweet about it and obsess over what it looks like and where it comes from.

In North America, we are living in an era of food-as-spectacle; celebrity chefs have been elevated from kitchens to red carpets while the rest of us fanatically share our own food porn across various social media sites. The Food Network airs Olympiad-like programming 24 hours a day to determine who can decorate, create and consume various different foods in the fastest possible time.

Our collective obsession with good cuisine is rivaled only by our masochistic obsession with conquering outrageously bad food. From Kentucky Fried Chicken's Double Down to Taco Bell's new Breakfast Waffle Taco, it seems there is just no limit when it comes to sandwiching calorie-heavy foods around each other



SHE SAYS
Jessica Napier
metronews.ca

and attempting to digest the result. We've pushed the boundaries of acceptable food combinations beyond the limits of good taste (literally) and are now just making ourselves sick in the name of extreme consumption.

One such culinary hybrid got the best of intrepid eaters in Toronto last week when the Canadian National Exhibition's must-try food of the season sent 150 people heaving over their toilet bowls with serious gastrointestinal issues. The culprit was a disgusting-sounding Cronut Burger consisting of a beef patty and processed cheese sandwiched between two sugary cronuts, a fusion croissant-doughnut popularized by Dominique Ansel Bakery in New York City. Even looking at a photograph of

the monstrous carnival snack is enough to give anyone food poisoning by proxy.

And if the Cronut Burger is the ultimate example of low-

brow dietary disaster, then Ray & Stark Bar's elitist new water menu lives on the other end of the spectrum when it comes to conspicuous culinary trends.

The Los Angeles-based restaurant recently introduced a 45-page leather-bound water menu, which boasts over 20 varieties from around the world to try by the bottle or as a tasting flight. That's right, dinner patrons can fork over \$12 to sample a selection of bottled waters served in three-ounce tasting glasses. There's even a water expert on hand in case you need some guidance in deciding what brand of H₂O pairs best with your pretentiousness.

Enough is enough everyone; we've taken foodie culture too far. I do not want to live in a world where people pay more than the hourly minimum wage for nine ounces of water or where experimental eaters routinely gorge themselves on highly processed gastronomic abominations.

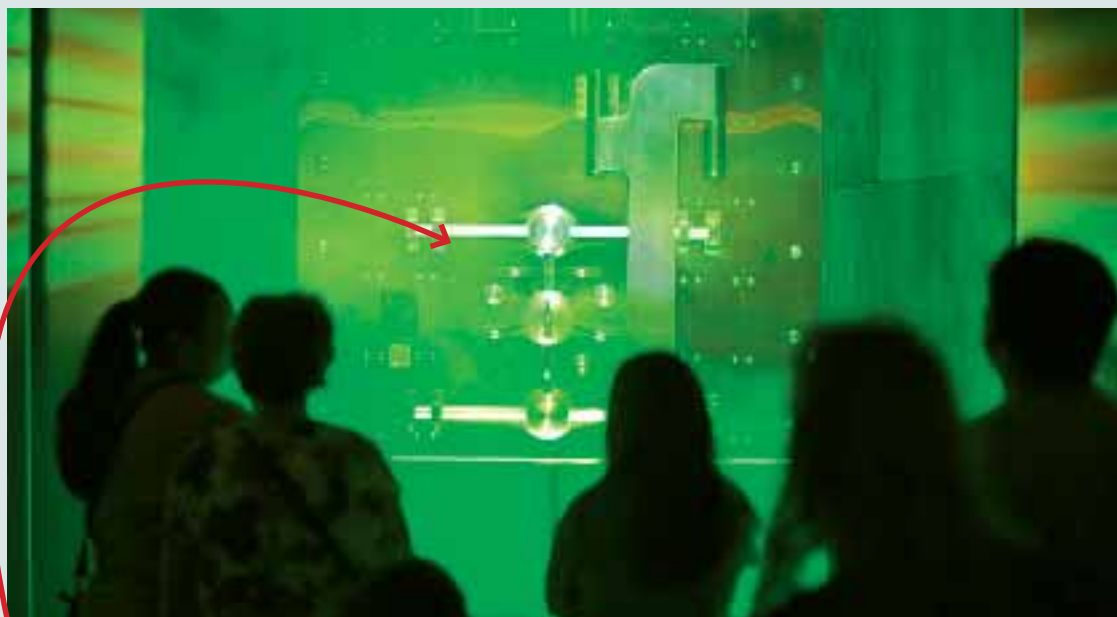
All of this excess is making me sick to my stomach.

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ZOOM

You think Coke's formula is unchanged?



DAVID GOLDMAN/THE ASSOCIATED PRESS

Major brands play up false notion of sacred recipes

Coca-Cola keeps the recipe for its 127-year-old soda inside an imposing steel vault that's bathed in security lights. Several cameras monitor the area to make sure the fizzy formula stays a secret.

"It's a little bit for show," concedes a guard at the World of Coca-Cola museum in

downtown Atlanta, where the vault is revealed at the end of an exhibit in a puff of smoke.

The ability to push a quaint narrative about a product's origins and fuel a sense of nostalgia can help drive billions of dollars in sales. It's why companies such as Coca-Cola and Twinkies' owner Hostess play up the notion that their recipes are unchanging documents that need to be closely guarded.

THE ASSOCIATED PRESS

In the 1980s...

- Coca-Cola and PepsiCo switched from sugar to high-fructose corn syrup, a cheaper sweetener. The companies last year also said they'd change the way they make the caramel colouring to avoid having to put a cancer warning label on their drinks in California, where law requires such labels for foods containing carcinogens.

Twinkie, twinkie little switch

This summer, Twinkies made a comeback. At the time, the new owners promised they would taste just like before.

But a box of Twinkies now has a shelf-life of 45 days, almost three weeks longer than the 26 days from a year ago. That suggests the ingredients have been tinkered with, to say the least.

THE ASSOCIATED PRESS

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ANDREW FIFIELD
andrew.fifield@metronews.ca

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JOSEPH PFLICKER

The Body Sphere:

An unfailingly fascinating Australian radio show that examines our bodies and the way we use and abuse them. Recent episodes include a surgeon's perspective on a liver transplant and testing the Paleo diet theory that modern life is wreaking havoc on our primitive systems.

teach you about it or get a first-hand account from somebody who lived through it. L+R takes the latter approach by using deep one-on-one interviews with people who have endured or enjoyed odd life experiences you have to hear to believe.

Pop Up Ideas:

Tim Harford smoothly hosts this BBC program that delivers bite-sized lessons on how economics, philosophy and other social sciences shape the world we live and work in.

Love + Radio:

Two ways to dip your toes into an unfamiliar topic are to have an expert

Twitter



@JacksAttll: Info about treating sex trade workers with respect, the struggle for dignity, safety (for all), mutual boundaries

@metropicks asked: Zurich will open drive-in sex boxes for safer prostitution. What would be in a Canadian 'sex box'?

@Medros: maple flavored condoms? prostitutes offering poutine on the side? lol I have no idea

@xRapunzalx: bacon!!

@Canucklehead_ca: Bacon, cold beer, two orders of poutine, a TV tuned to HNHC, government provided Viagra & an apology note.

@lester04: maple syrup lube, a complimentary toque, and poutine to send you on your way afterwards.

@Shmingers: Wool socks, doughnuts, and an oar.

@J_T_V_: a North of 60 DVD box set

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca



SCENE 2

All hail the Queen

Daytime TV. Queen Latifah takes grassroots approach to her new talk show

She's reviewed the research, and heard from the focus groups, but Queen Latifah is relying on a different source to help discern what may — or may not — get fickle viewers to tune into her show this fall.

She's been talking to her aunts, her cousins as well as people on the street, "people who don't have that much money in their pockets at all," Latifah says, to find out what they are interested in.

"I am a TV watcher; I come from a TV watching family," says the newest celebrity to throw her name-recognition into the daytime talk show ring.

"I love to be entertained, so I sit and watch a lot of the talk shows. I watch Ellen. I watch Maury. I watch Fallon. I watch TV and I want to create things that I want. I consider myself a viewer."

In the rush to fill the Oprah-void over the last couple of years, a number of shows were programmed into the daytime schedules only to find themselves viewer-anaemic and wasting away on the schedule. It was a reality Latifah said she wanted to avoid.

"You kind of knew that was going to happen, that there was going to be a big rush into the field, and some thrived and survived and some did not," said the Oscar-nominee who had a



Can Queen Latifah be the next Oprah? Find out when her talk show debuts this fall. CONTRIBUTED

short-lived talk show that premiered in 1999.

"Audiences got to decide what they wanted."

Audiences, hopes the Queen, will decide on her this time.

When talking about her dream guest, Latifah couldn't come up with just one name.

"I don't think there is a dream guest," she said. "I think the dream guest is who the audience wants to see. It's not just the A-lister or the president — any of those amazing people."

"But for me, the dream guests ... are the regular people doing amazing and extraordinary things who you don't know but make for great television."

"The strength of the team that we have ... is to be able to think on our feet and be able to do things as they happen in real

life," she added. "I just want to give them a place where they can chill, open up and be real."

To fulfil her goal, Latifah said she wants to avoid the pitfalls of a highly structured show. The Grammy winner doesn't want to be mired down by a set format.

"My whole career has been based on not necessarily doing what everybody else was doing, and doing what I felt. I want to keep it open," said Latifah. "I will be keeping in touch with my audience. We will catch up."

And perhaps even sing. While Ellen dances, Latifah may just corner daytime TV's musical quotient. "Music is part of my life. Obviously I wouldn't be where I am today without music, so music will be of great importance to the show."

METRO

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SEASON ALL THIS
WEEK. PICK US UP
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Also returning

**Arsenio Hall —
get ready to
'woot' again**

Arsenio Hall, whose first talk show aired from 1989 to 1994, returns week-nights on Omni starting Monday, Sept. 9. METRO



Arsenio Hall

Ladies first

The Queen Latifah Show premieres Sept. 16 on Global.

- **Competition.** Queen Latifah's biggest competition to this season's talk-show throne may be a former Housewives star. Bethenny Frankel, purveyor of Skinnygirl products and a former cast member of The Real Housewives of New York City, will premiere her show, Bethenny, on CTV starting Monday, Sept. 9. It is executive produced by talk-show maven Ellen DeGeneres.



Frankel

- **The Social.** Also entering the daytime arena is CTV's original production The Social, featuring Melissa Grelo, Lainey Lui, Cynthia Loyt and Traci Melcher. As its name suggests, the show will use social media and text messaging to probe viewers for opinions on the latest in news and popular culture while the ladies have their own round-table discussion à la The View. It premieres Monday, Sept. 2. METRO

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Succulent, strange and steps away

Home is where the yum is. Bizarre Foods America host talks feeding an appetite for foreign cuisine in your own backyard

EVA
KIS
Metro World News in NYC

It takes more than a unique dish to pique Andrew Zimmern's interest. The Bizarre Foods America host finds himself roaming between California and New York (with a detour to Canada) to tempt his taste buds.

Why, having travelled all over the world, eating everything from "bleeding rocks" in Chile to eggplant custard in Greece, is he keeping it local?

"To me, it's all about great stories; great stories that we were overlooking," explains Zimmern, whose show premieres Wednesday on DTOUR.

"The beauty of America is that it's a country of immigrants. I think there are more stories here from the fringe and foods from other cultures than anywhere else in the world," he says.

"I don't know whether I eat to travel or travel to eat, but to

me they're not two strands of spaghetti in a dish; they are the same noodle."

Now that we're all hungry, where does Zimmern recommend you call ahead before packing your bags and hitting the road?

Providence, R.I.: "There are chefs who are doggedly committed to the ingredients coming out of the farms and the oceans. It's a brilliant city to be eating through right now."

One to try: Farmstead's award-winning burger, with polenta fries (farmsteadinc.com).

Houston: "There is an internationalist, global food influence going on."

One to try: Korean goat dumplings at Underbelly (underbellyhouston.com).

Toronto: "I always love the place I just came from. Right now, I am overwhelmed by a place called King's Noodle, an incredible Chinese restaurant."

One to try: Get there and ask for anything with pork.

Portland, Ore.: "I do think the DIY food movement in Portland is extraordinary."

One to try: Xocolatl de David's foie gras-infused chocolate (xocolatldedavid.com).



Andrew Zimmern, host of Bizarre Foods America, encourages viewers to fork ahead without fear. CONTRIBUTED

Chopped Canada

"I am just trying to do my own thing. I think it's important when you are hosting to bring yourself to the table, because you don't want to emulate anyone else."

Chopped Canada's Dean McDermott on what sets his hosting skills apart from the host of the U.S. version of the show, Ted Allen. The culinary reality show airs this winter on Food Network Canada.



King & Maxwell

Romijn's new drama is 'loud'

Rebecca Romijn has never been a fan of procedural dramas. But when she read a script for King & Maxwell, scrolling through the words on her iPhone while at a gymnastics class two days before the audition, its cast of characters drew her into the plot. "This is character driven. We're asking you to



care more about the characters working on the case than the case itself," Romijn said. "It's louder than your typical procedural." King & Maxwell, is set to premiere on Showcase tonight at 10 p.m. TORSTAR NEWS SERVICE



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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

**The VMAs:
Wherefore art
thou Biebs?**PAT
HEALY
Metro World News

Now that I've had a full day to let the clusterf— that was this year's VMAs sink in (and to recover from the 24-hour hangover brought on by the magnum bottle of wine required to get through the thing), I have some questions. So many questions (not the least of which is why they still carry on with this charade at all — next year let's just have a Best Knocked Up Teen Baby Bump Awards and call it a day).



And here's the first question: Where was Justin Bieber?! I can't be the only one who thought his dopey, over-coiffed absence was conspicuous. You guys, I DO NOT THINK HE WAS INVITED. I think that Justin Bieber's 2013 Video Music Awards invitation was lost in the mail.

My God, if this isn't the swiftest fall from grace since



Selena Gomez. ALL PHOTOS GETTY IMAGES

**Curious about George:
Selena's heart beats for
baby faces no longer**

Bad news for Justin Bieber: Selena Gomez's taste in men is maturing. The 21-year-old singer and actress, who has been striving for a mature, grown-up image, tells Us Weekly that her celebrity

crush is following suit. "Well, I once said Logan Lerman, but now it's George Clooney," she says. That can't bode well for her on-again, off-again boyfriend, the more Lerman-like Bieber.

**A royally romantic
reunion?**

Sometimes it's not too late to save a romance. Duchess Sarah "Fergie" Ferguson and ex-husband Prince Andrew are reportedly getting back together 17 years after they first split up, according to the Sunday Telegraph.

"Mark my words, they will remarry. It is only a matter of time," a source close to Fergie and Andrew says.

"It wouldn't surprise me at all. They are a wonderful couple together and, better



Duchess Sarah "Fergie" Ferguson

still, pretty amazing parents."

The two have remained close since divorcing in 1996, working together to raise their two daughters.

Twitter



@TheRock

It may be that "WTF hour?," but you gotta set the tempo for the work week. 4:30am. Budapest. AM cardio starts now..



@Oprah

When I was 22 I first went to Hotel du Cap Ferrat with a friend who had a trust fund. I was making 22k and couldn't afford a croissant!



@AlbertBrooks

Alan Thicke and Billy Ray Cyrus now under genetic arrest.

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Snowball your credit card debts: Prioritize high interest rates

"People overspend on their credit card abroad because it doesn't feel like real money. Then their statement comes in, and it's a shock," says Jasmine Birtles, founder of Money Maggie. List your debts according to how expensive the interest is. "It doesn't matter how much you owe, pay the minimum back on all of them, except the one with the most expensive interest. Make that one your priority, paying back as much as you can each month," she says.

Pay yourself a salary

"If you can afford to go for a drink, then you've got the money to save," Birtles tells Metro.

For extra cash, she recommends you set up a standing order at the beginning of each month (you'll have spent it all at the end) from your current account into a savings account.

"Pretend you're paying yourself. Even if it's just \$50 a month, that's \$600 a year," she notes.

Sex is passive: Learn to let go of lust

"Working is active and sex is passive in that it's something that happens to you. When you're aroused, you don't want to do anything especially productive," sex therapist Stephen Snyder tells Metro.

"You can still have great sex in the fall, but there's something special about summer that can't always be recaptured. So just enjoy the fact that you've been refreshed and restored by the experience," he suggests.

Connection, not penetration, is the key to great sex

According to Snyder, people feel most alive when they're on holiday, and part of the grief of coming home is that you have to give up that feeling.

To cultivate arousal (when you don't have the time or energy for sex) try "simmering," a technique that helps keep erotic feelings alive and preserves a couple's sexual bond.

"To simmer, spend two minutes staring into each other's eyes and breathing in unison. There should be no orgasms, no stroking and no heavy breathing — just stillness," he explains.

Let your mind settle into your body

"If you're feeling anxious, try and bring your awareness back to your physical senses," says Puddicombe, co-founder of Headspace, an online resource for meditation techniques. "Observe your posture, notice any tensions or sensations in the body, any smells or sounds, and sensations of heat or cold. Mindfulness isn't about emptying the mind, or suppressing uncomfortable emotions, but learning to witness these thoughts and feelings, free from distraction and judgement. Acknowledge them and they'll gradually begin to unwind," he explains.

Spend 1 per cent of your day meditating

"There are 1,440 minutes in one day. Take 10 to meditate and you'll feel less stressed, less tired, and less anxious," says Andy Puddicombe.

"A healthy mind is the lens to a healthy life."

Meditation only works if you actually keep to it, so try and establish a regular practice that fits into your daily routine.

Move more: Do squats before lunch

"Our bodies are designed to move, so move every day. It doesn't have to be strenuous," says Duigan, who trains model Rosie Huntington-Whiteley and is the co-founder of Bodyism clinic.

Go for a walk. "Don't just think about exercising as a way to look better. Embrace it as part of your life."

Divvy up your meals and lay off the alcohol

James Duigan, a fitness trainer, recommends eating five healthy meals a day, two of which should be smaller snacks.

"Snacking ensures you don't overeat and will also help speed up your metabolism. Swap sugary treats and low-fat foods (often packed with hidden sugar), for things like raw nuts, turkey slices, berries, vegetables or pea protein shakes (try Bodyism's Protein Excellence)," he says.

And stay away from alcohol. "It will make you feel sluggish, bloated, and reduce your body's ability to burn fat," he warns.



Best Health

Decoding food labels



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the September issue of Best Health, regular columnist Sue Mah, a registered dietitian, deciphers the nutrition claims on products. Here are some examples:

Labels that say "fat-free"
This means the food con-

tains less than 0.5 grams of fat per serving. But fat-free doesn't always mean nutritious: some foods that are fat-free are made of unhealthy ingredients. Also, we do need some healthy fats in our diet because they help us absorb essential vitamins and minerals we get from our food.

Labels that say "no sugar added"

This means the food or drink contains no added sugars (e.g., sugar, molasses, corn syrup, etc.). But the claim does not account for

the natural sugars in some foods.

Labels that say "cholesterol-free"

This means the food contains less than 2 mg of cholesterol per serving. However, since cholesterol is found only in animal-based foods, if a vegetable oil bottle or frozen fries package says "cholesterol-free," they never would have had cholesterol in the first place.

FOR MORE FITNESS, FOOD AND BEAUTY FROM BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA, OR CHECK OUT OUR IPAD APP.



Read those labels closely. ISTOCK PHOTOS

3
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Salmon cakes elevate canned fish to level fancy

1. In a small bowl, toss together the cucumber, ginger, vinegar, salt and sugar. Let stand for 10 minutes while you prepare the remaining ingredients.

2. In a large nonstick skillet over medium, heat 1 table-

Ingredients

- 1 1/2 cups thinly sliced seedless cucumber
- 1 tsp grated fresh ginger
- 2 tsp rice vinegar
- 1/2 tsp salt
- 1 tsp sugar
- 4 tbsp vegetable or canola oil, divided
- 1 cup finely chopped yellow onion
- Two 6-oz cans boneless, skinless salmon
- 1/4 cup low-fat mayonnaise
- 2 to 3 tsp prepared wasabi
- 1 cup crushed sesame flavoured thin rice crackers (about 32)

Wasabi-Spiked Salmon Cakes with Pickled Cucumber



This recipe serves six. MATTHEW MEAD/THE ASSOCIATED PRESS

spoon of the oil. Add the onion and cook until golden, about 5 minutes. Transfer to a medium bowl. Reserve the skillet.

3. Add the salmon to the onion along with the mayonnaise, wasabi, crushed crackers and 1/4 cup of the liquid from the marinated cucumbers. Form

the mixture into 6 burgers.

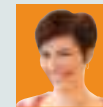
4. Return the skillet to medium-high heat. Add 1 1/2 tablespoons of the remaining oil. Add the salmon burgers to the skillet. Cook until golden, about 3 minutes. Add the remaining 1 1/2 tablespoons of oil, turn the cakes over

and cook until golden on the second side, about another 3 minutes.

5. Transfer to 6 plates and top each salmon cake with a mound of the pickled cucumber. **THE ASSOCIATED PRESS/SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

Health Solutions

Out with waste



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

According to a recent study commissioned by KitchenAid (which has a new Preserva fridge to solve the problem simply), Canadians waste \$2.5 billion each year in rotten produce. Here are the top five abused vegetables and ways to reuse them:

Lettuce

Don't open the box of greens until you can use them. The nitrogen within is modified to prevent spoilage. Add a fresh paper towel to the box each time you use to absorb water.

Bananas

Blend with protein powder and peanut butter and freeze as popsicles when

they are over-ripe.

Tomatoes

Lay wilted ones on a cookie sheet and roast at 275 F with olive oil for a couple hours. Use in pasta or as a bread topping.

Grapes

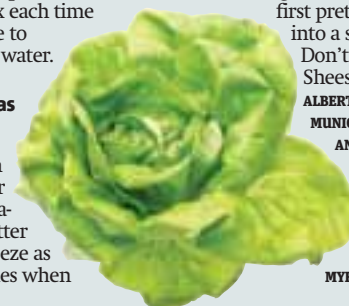
Freeze for use in cocktails or consume frozen on ice cream.

Celery

Freeze and save with chicken bones and onion ends then dump into a slow cooker when you have a bagful to make stock.

It's all about controlling the ethylene gas emitted as well as the moisture from fruits and veg. Think beyond the first pretty produce into a second life.

Don't waste, people. Sheesh. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



Lunch. Fattoush Revisited with Crab and Feta



1. Prepare vegetables: chop mint and parsley, thinly slice lettuce, dice cucumbers and quarter tomatoes.

2. Peel and dice mango.

3. Shred crabmeat and dice

Feta cheese.

4. In bowl, blend lemon juice, olive oil, and sumac or cumin. Add remaining ingredients. Toss and serve with pita bread. **DAIRY FARMERS OF CANADA (FAMILYKITCHEN.CA)**

Ingredients

- 2 tbsp (30 ml) fresh mint,
- 1/2 cup (125 ml) fresh parsley,
- 4 cups (1 l) romaine lettuce,
- 2 cups (500 ml) cucumbers,
- 2 tomatoes
- 1 cup (250 ml) mango
- 6 oz (180 g) crabmeat
- 4 oz (120 g) Canadian Feta,
- 2 tbsp (30 ml) lemon juice
- 2 tbsp (30 ml) olive oil
- 1/4 tsp (2 ml) ground sumac or cumin
- Pita bread, torn or cut into pieces

Spice up your scallops — and your palate — Moroccan style

Impress your guests with this Moroccan-style seafood dish in which seared scallops spiked with harissa spice sit atop a mélange of spring vegetables.

It's a dish that's fancy enough for a restaurant, but easily done at home.

1. In a saucepan of boiling water, cook carrots for 2 minutes. Add peas, leeks and snap peas and return to a boil. Cook for 2 minutes. Drain vegetables and gently rinse with cold

Ingredients

- 1 cup (250 ml) thinly sliced carrots
- 1 cup (250 ml) frozen peas
- 1 cup (250 ml) diced leeks
- 2 cups (500 ml) sugar snap peas, trimmed and halved on diagonal
- 1 pkg (400 g) PC Blue Menu Wild Nova Scotian Frozen Sea Scallops, thawed and patted dry
- 1 tbsp (15 ml) olive oil
- 2 tsp (10 ml) PC black label harissa spice blend
- 1/4 cup (50 ml) chicken stock



These Harissa-Spiced Scallops are seasoned with a delicious spice blend. COURTESY NEWS CANADA

water. Set aside.

2. Remove and discard small side muscle from scallops. In bowl, toss together scallops, olive oil and harissa spice blend.

3. Heat large nonstick frying pan over medium-high heat until very hot. Arrange scallops,

flat surface down, in a single layer in pan. Sear for 1 or 2 minutes, depending on thickness. Turn scallops over and sear for 1 to 2 minutes or until cooked through.

4. Transfer the prepared scallops to a plate and keep them warm.

5. In same pan, bring chicken stock to a boil. Add cooked vegetables and toss until hot. Transfer vegetables to a serving platter and arrange seared scallops on top. Generously squeeze lemon over scallops and vegetables.

NEWS CANADA/PRESIDENT'S CHOICE

Fighting fire with sound advice



YOUR MONEY
Alison Griffiths
money@metronews.ca

Mr. Top 10, as I'll call him, isn't a fan of mine.

"What success, (if any) have you had investing? My investments show in excess of 20 per cent average this year!! What are your top picks?"

Mr. Top 10 (MTT) went on to castigate me for recommending GICs to an elderly, nervous investor and for not offering more stock and mutual fund recommendations.

Certainly you can find a gazillion "pickers" with tremendous success in a given year.

MTT's Canadian and U.S. funds have had a very nice run and I commend him.

However, a single year isn't illustrative.

It's more important to be a well-behaved investor than focus on short-term winners.

Here's how:

Allocate your assets

Pick an asset allocation (AA) that divides your money among equities (stocks, exchange-traded funds or equity mutual funds), bonds and cash.

Don't worry if everyone says you should be heavy into the stock market because bonds and cash return little.

Next year things may be quite different.

A portfolio with cash and bonds is buffered when the market heads south. And one day interest rates will rise.

Diversify

MTT's U.S. investments have done well over eight months, but who knows what the next eight will bring? That's why it's important to diversify within the equity categories.

Don't fling money into dozens of niche sectors and all over the world.

A mix of larger company Canadian, U.S. and global stocks, ETFs or mutual funds will do you just fine.

Dollar Cost Average

Invest regularly.

No, you won't always buy at the bottom, however you reduce the risk of committing too much money at the top. Getting an average price over time is the goal here.

Rebalance

Once you've decided on an asset allocation it's critical to stick with it, even when one aspect of your portfolio is taking off.

Examine your AA annually or so and rebalance back to those percentages if they're out of whack. You can use new contributions to do this rather than selling.

The problem with Mr. Top 10's approach is that you can have the best stocks or funds at any given time, but end up with a disastrous portfolio in the long run if you don't practise good investor behaviour.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



Look into the investing crystal ball. Kind of cloudy in there, isn't it? ISTOCK IMAGES

Study puts a price on friendship

Big Brothers Big Sisters.

Can you put a price tag on the big-little relationship?



JESSICA SMITH
Metro in Toronto

How much is friendship worth? Advice over lunch, encouragement at a bowling alley, shared laughs at a mall?

About \$315,000 in income over a lifetime, \$32,154 in additional tax revenue for government coffers, and \$49,819 in increased spending added to the economy, according to Big Brothers Big Sisters Toronto.

The charity, which matches youth known as "littles" with mentors known as "bigs," has always seen immeasurable results from the friends, but set out to prove its investments are worthwhile, financially.

"More and more, people who are donating to charities don't just want to write a cheque; they want to say, 'How is my money being spent and what is the result,'" said Sandra Downey, director of business development and communica-

tions of Big Brothers Big Sisters of Toronto.

So, Big Brothers Big Sisters Toronto recruited the consulting firm The Boston Group to help them put a price tag on the big-little relationship.

The Boston Group found 250 former "littles," now aged 25 to 65, from the organization's alumni records and a further 250 from an Ipsos Reid panel, said study author James Tucker. Another 1,000 people from similar family and economic backgrounds — generally single parent and low-income — served as a comparison group.

The people who'd had the influence of a big brother or sister growing up, on average, earned more and gave more to charity. They were more likely to report they worked in a senior leadership role at work, pursued a healthy lifestyle, are generally happy, are financially literate, make good life choices and have a strong network of family and friends.

"What I felt was really compelling about this was you can finally put a hard value around mentorship and filling a hole in a young person's life," Tucker said.

"Full (disclosure): I was a little brother," he added. "It's



Former 'littles' are experiencing the benefits of spending time with 'bigs' later in life. ISTOCK IMAGES

no surprise to me that those people felt more confident, generally happier; they had a stronger support network. Therefore, they had much higher earnings than their peer group."

For Ada, 17, her three-year friendship with her mentor Tracy has had a big impact on her life. The two are heading to Montreal soon to check out Mc-

Gill University, which Ada will be able to afford to attend because she earned a scholarship specifically for little brothers and sisters, which Tracy encouraged her to apply for.

"I had no means to fill out that application. I didn't even know what a scholarship was. I didn't know how much university was," said Ada. "Without her motivation and support I

never would have done it."

Ada said her mom struggles with mental illness, which has made her do and say things that would hurt Ada's self-esteem, but Tracy's encouragement has helped her build it back up. "Look at me now. I'm a scholar. I'm going to be going to university, the first in my family to go to university and create a better life for my mother and I."

Former littles/control group

Employed full time. 68 per cent / 58 per cent
Average full-time salaries. \$59,600 / \$52,700
Volunteer for community service. 66 per cent / 43 per cent
Hours of community service per year. 95 / 73
Donate to charity. 77 per cent / 67 per cent
Average annual charitable donations. \$395 / \$329
Pursuing a healthy lifestyle. 80 per cent / 72 per cent
Financially literate. 81 per cent / 70 per cent
A senior leader in their workplace. 47 per cent / 32 per cent
Consider themselves a happy person. 42 per cent / 26 per cent
Strongly agree that they make good life choices. 52 per cent / 39 per cent
Strongly agree that they have a strong network of family and friends. 42 per cent / 28 per cent

CONTINUING ED AND INNOVATION

Continuing education departments at universities and colleges across the country offer certificate and credit courses, online courses, and business-related programs to suit prospective students' training or skills development needs.

A recent Conference Board of Canada report says innovation depends in part on having a labour force with advanced skills to develop new technologies, but also to use new technologies. That makes continuing education increasingly important in today's world to help complete degrees or certificates and to enhance skills.

By using technology for registration and course delivery, continuing education departments encourage participation within their respective university populations and service areas, and reach out to adult students and businesses across the country.

For example, the University of Winni-

peg's Professional, Applied and Continuing Education (PACE) is surveying student reaction to its a new interactive viewbook. Many, like Mount Royal in Calgary, connect prospective students with continuing education courses and programs through blogs and social media.

Many continuing education departments also offer courses geared for business skills and development. The Banff Centre in Alberta offers certificates in leadership, as well as customizable courses for business and skills development needs.

Like the University of Manitoba, most continuing education departments offer students a combination of formats and learning styles, including distance education, online courses, and blended courses with a combination of online and in-class learning.

According to a study of Online Learn-



COLOURBOX

ing in Canada, between 875,000 and 950,000 students at colleges and universities study a purely online course at any one time.

For those seeking online opportunities, provincial directories compile links to programs and courses. ecampusAlberta.ca

ca lists some 800 online courses and 70 programs at 16 Alberta post-secondary institutions.

The Canadian Information Centre for International Credentials compiles online and distance education in Canada at cicic.ca.

— M.E. Powell

DEMAND FOR HEALTH-CARE AIDES GROWING

With demands on the health-care system growing, the demand for trained health-care aide professionals is also growing.

"Our population is aging and, as a result of that, people requiring care have multiple medical problems," says Chris Murash, LPN, health-care aide (HCA) instructor, Herzing College.

The 20-week Herzing HCA program includes 12 weeks of in-class theory and practical skills learning, and eight weeks in a health-care facility where students

get to put their knowledge into practice.

During the practicum portion, students will be working alongside staff and under supervision of a clinical instructor to ensure safety and best practices.

"Our goal is to make the students the best they can be," Murash says.

Students will learn human anatomy and physiology so they can work effectively with patients and be able to recognize changes and report these changes to their nurse/supervisor.

They will also understand how human cultural and ethical issues impact health care so they can communicate effectively with all members of the health-care team, as well as fill out the necessary documentation.

"It's a physically demanding job and often people use it to decide if they will go further in health care and become nurses," Murash says.

For more about the Herzing HCA program, visit herzing.ca/winnipeg.



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September 5, 2013
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(Check-in at 5:30pm)

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At PACE (University of Winnipeg Professional, Applied and Continuing Education), be job ready in less than a year through one of its many full-time programs.

"The courses are continually updated and taught by leaders in their respective industries," says Stevi Dram, marketing and IT specialist, PACE, University of Winnipeg. "For people that do not have undergraduate degrees, it provides them with university transfer credits, and the opposite — graduates are given credit for their university courses."

All full-time programs have an internship component, which provides students with an opportunity to test their skills, as well as the organization to test the student.

These programs give students a chance



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to interact and network with industry leaders through a variety of student activities such as "Resumania" events, non-profit ventures and volunteering opportunities.

"Our staff are very committed to seeing our students succeed and it shows in our satisfaction rating," Dram says.

She adds that 97 per cent of grads would recommend PACE (from the 2013 grad survey).

Seats are still available for programs are starting this fall.

There are many bursary and scholarship options once a student is enrolled.

For a full list of the programs available at PACE, visit pace.uwinnipegcourses.ca.

ROBERTSON COLLEGE CAN HELP YOU STAY CURRENT

Continuing education is required for workers to stay current with the latest developments, skills, and new technologies.

Overall, continuing education is considered a way for professionals to keep abreast of their fields so they don't lag behind.

Today's professionals must, therefore, commit to a lifelong learning philosophy that enhances effectiveness, and diagnoses and solves problems quicker, while moving away from the traditional autocratic management styles.

"The more time you put into pursuing additional education, the more money you're likely to make," says Vijay Chintamani, campus director of Robertson College Winnipeg. "Census surveys show that those with college degrees make more money a year while people with only high school diplomas make much lesser annually."

There are several certification programs that are offered on a regular basis at Robertson College.

For example, there are two different



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certification programs for health-care aides — health-care aide challenge with practicum, and health-care aide challenge without practicum.

Likewise, there are several certification programs in business, technology, and health care. In addition, Robertson College offers several community-based training programs in business, technology, and health care.



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RED RIVER COLLEGE

Everyone has to eat.

Whether you fancy yourself a mac and cheese from the box person or prefer fine cuisine, why not enjoy the process of preparing food by learning techniques from professional chefs.

Try your hand, and taste buds, at a number of different culinary arts courses offered by Red River College.

"These are hands-on courses — create and dine, not just view and eat," says Margaret Braid, program manager, applied arts and culinary, continuing education, Red River College. "Students will be able to improve their culinary skills and zap up their cooking with flavours they have not tried before."

Participants will have the opportunity to work in a professional kitchen and will learn techniques and professional secrets from world-class chefs.

Since January 2013, the school of hospitality and culinary arts is housed in the Paterson GlobalFoods Institute, a



newly renovated building in the Exchange District.

"Our brand new facilities are ideal for not only students who want to become world-class chefs, but also for food enthusiasts who want to expand their culinary skills," Braid says.

To meet the needs of the community, RRC has developed the culinary adven-

ture tour — a series of five hands-on cooking experiences featuring cuisine from France, Italy, Spain, India and China.

"Participants will be guided by our chefs to create their meal and then consume it with the appropriate wine or beer," Braid says.

The mixology course prepares the home bartender to create popular cock-



CONTRIBUTED PHOTOS

tails for family and friends.

Spice it up! is a course that helps participants understand East Indian spices — how they are used, combined, the taste, the smell, as well as their medicinal properties.

In mid-November, to prepare for holiday get-togethers, participants will have the opportunity to create their festive baking in several hands-on workshops.

RRC will also host a parent/adult and child cookie making session.

If just a taste of these course is not enough to whet your cooking appetite, RRC also offers full-time culinary arts programs.

For more, visit rrc.mb.ca.



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Head coach Mike Babcock gives instruction to players Patrick Sharp, left, Sidney Crosby and Chris Kunitz during a ball-hockey training session at the Canadian national men's team orientation camp in Calgary on Monday. JEFF MCINTOSH/THE CANADIAN PRESS

Bigger isn't always better for Canucks

Orientation camp. Having struggled on larger ice surfaces, Canada looking for speed and agility

Steve Yzerman still remembers what it was like in Nagano in 1998, the first Olympics with NHL players and an example of Canadian failure on the bigger, international-sized ice surface.

The time-honoured strategy of dumping the puck in and forechecking didn't work.

"You can spend a lot of time skating places and getting there just a second late, taking yourself out of the play," said Yzerman, now Canada's general manager. "It is a different game."

It was a different game at the 2006 Olympics in Turin, too, when Canada finished seventh thanks to a lack of

offence and speed and the wrong mix of talent for the 200-by-100-foot rink.

San Jose Sharks defenceman Dan Boyle watched from the stands as his teammates struggled.

"It was tough to watch, it was frustrating," Boyle said. "Even though every player on that team deserved to be there and was great, sometimes you

need certain things and that's where different guys come into play. I just thought we lacked some things."

Eight years removed from that debacle and four years after winning Olympic gold in Vancouver on NHL-sized 200-by-85-foot ice, Hockey Canada is determined to learn from what went wrong without abandoning its style.

Guarding the goal

Jobs between the pipes up for grabs

Canada doesn't have obvious candidates in goal for the 2014 Olympic men's hockey tournament.

Even the man who backstopped Canada to Olympic gold in 2010 doesn't assume he'll inherit the starting job in Sochi, Russia, in February.

"It's an open competition and whoever plays best

deserves to be the starter," Roberto Luongo said upon arrival in Calgary for orientation camp.

"You work hard and you want to be rewarded for your efforts. If I'm going to be there, I want to deserve it."

Luongo, Corey Crawford, Braden Holtby, Carey Price and Mike Smith are the five goalies who have been summoned to Calgary for informational meetings at this week's orientation camp.

THE CANADIAN PRESS

"One of the critical things is to continue to play the Canadian game and not adjust to some of the spaces that suddenly arise," coaching consultant and former Edmonton Oilers coach Ralph Krueger said. "But you need to make sure that you don't change your game or make too many adjustments that will weaken what makes Canada strong."

What makes Canada strong, Yzerman and the coaching staff hope, is speed and agility. Perhaps that's part of what the 2006 group was lacking.

Judging by the comments of those in charge of making up the 2014 roster, it doesn't sound like that'll be a problem this time around.

"The team will be made up of players who can skate, think and move the puck," Oilers president of hockey operations Kevin Lowe said. "There could be a number of changes from the gold medal team in Vancouver." THE CANADIAN PRESS

US Open

Bouchard and Dancevic get past opening round

Canadians Eugenie Bouchard and Frank Dancevic won opening matches within seconds of each other to advances into the second round of the US Open on Monday.

Bouchard, of Montreal, Que., managed to find a way past Czech Karolina Pliskova 4-6, 6-4, 7-5 to win in her US Open main draw debut. Dancevic, a product of Niagara Falls, defeated Robin Haase of the Netherlands 7-6(5), 3-6, 7-5, 7-6(7).

Milos Raonic begins play on Tuesday against Italian qualifier Thomas Fabbiano.

THE CANADIAN PRESS

Basketball

Four NBAers crack Canadian squad

Cleveland Cavaliers power forward Tristan Thompson will lead Canada's men's basketball team at the upcoming FIBA Americas Championship in Venezuela.

Thompson is one of four NBA players on the team, which also includes Miami centre Joel Anthony, San Antonio point guard Cory Joseph and Orlando forward Andrew Nicholson. It's the first time Canada has had four NBA regulars on its team in a FIBA competition.

THE CANADIAN PRESS

MLB

Dickey brings A-game vs. Yanks

R.A. Dickey picked up his 10th win of the season and slugger Edwin Encarnacion drove in a pair of runs as the Toronto Blue Jays kicked off a six-game homestand with a 5-2 win over the New York Yankees on Monday night.

THE CANADIAN PRESS

Coach sounds off



"I know you're not makin' the playoffs. I get it, but please look like you care."

Don Cherry took the Blue Jays to task on Twitter for having fun in the dugout while losing to the Astros over the weekend.

Horoscopes

Aries

March 21 - April 20

You will find favour with colleagues and employers over the next few days but it is up to you to make something of it. Let them know you want to work as part of a team.

Taurus

April 21 - May 21

You want to get away, so what's stopping you? Get out of that nine-to-five mindset and start making plans that take you to new places — as far away from where you are now as possible.

Gemini

May 22 - June 21

There will be a clash of egos today and it has been coming for quite some time. Say what you have to say, but don't forget you have to work with this person every day.

Cancer

June 22 - July 23

You must be honest about your feelings, even if it makes you feel vulnerable. You actually have nothing to worry about. The responses you get from loved ones will confirm they are very much on your side.

Leo

July 24 - Aug. 23

Money issues may be front and centre now but in the greater scheme of things they are somewhat trivial, so don't fuss about them too much. It's love that makes the world go around, not dollars and cents.

Virgo

Aug. 24 - Sept. 23

Friends will deny you nothing over the next few days, so you might as well ask for what pleases you most. Bear in mind though that one day they may ask something similar of you, so don't be too outrageous.

Libra

Sept. 24 - Oct. 23

Treat others the way you'd like to be treated. That's good advice any time but never more so than now as the words you speak and the actions you take will have huge repercussions.

Scorpio

Oct. 24 - Nov. 22

If you play with fire, you must expect to get burned. You may have thought you were going to get away with something but today's events will awaken you to reality. Causes always, but always, have consequences.

Sagittarius

Nov. 23 - Dec. 21

You seem to be in one of those moods where money is no object, despite the fact that your resources are low. If you do spend too much, don't be too hard on yourself.

Capricorn

Dec. 22 - Jan. 20

You need to be with people who excite you mentally. There are so many superficial people out there — identify them and give them a miss.

Aquarius

Jan. 21 - Feb. 19

Whether you're a realist or a dreamer, you will have to make some no-nonsense choices today. Your heart may be in the right place but if your head is on another planet you won't achieve much.

Pisces

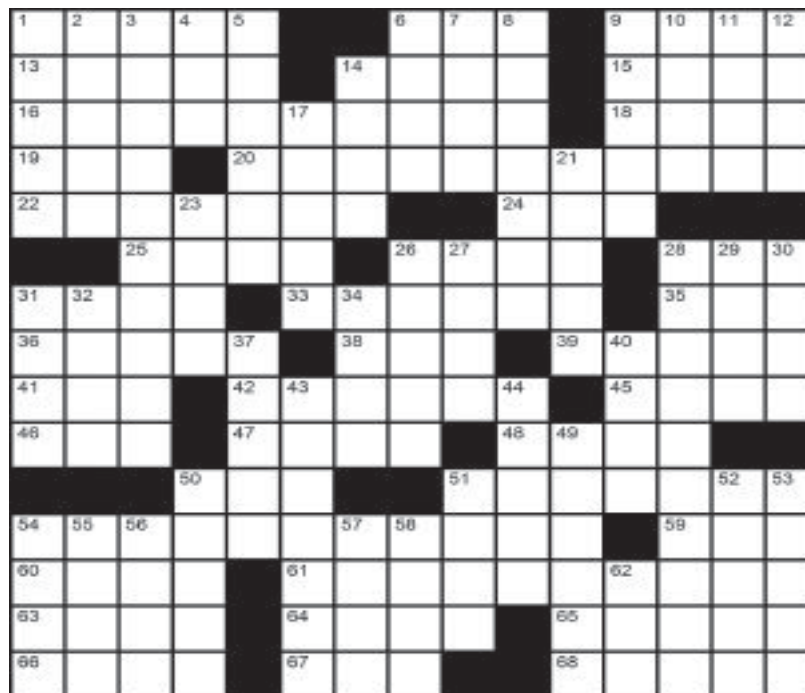
Feb. 20 - March 20

The Sun opposes your ruler Neptune today, which among other things suggests that someone will challenge the way you look at the world. Don't let them put doubts in your mind. The world is what you want it to be. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Briefly summarize
- "___ Wolf" (1947)
- Apple variety
- "...and forgive ___ trespasses..."
- Mr. LaBeouf
- The Drifters hit: "___ the Roof": 2 wds.
- Wild West transport
- Whispery word
- Ship signal
- East Coast exports: acr. + word
- Choices
- Half of Ms. Gabor
- Mannered man
- Nevada 'aliens site', ___ 51
- Feasted
- Glum
- Father of New France, ___ de Champlain
- Prospector's find
- Late night's Mr. Ferguson
- ___ Gatos, California
- Donald Duck nephew
- "Bad Moon Rising" gr.
- Seaport of Italy
- Curves
- Bad guy
- Basilica part
- Recreation spot, in Quebec
- Egyptian cobra
- Reverse
- Burnaby, BC born musician from an eponymously-titled Band: 2 wds.
- ___ Beach, Hawaii
- "What's ___ for me?": 2 wds.
- Art ___ (b.1912 - d.2010, Radio/TV host in The States from



- 1904 to 1905:
- Japanese War
- Impede, in law
- CCG = Canadian ___
- Pre-Sept. month
- "That '70s Show" actress Laura
- Bloke
- Puerto's follower
- Classic five dice game
- Dr. Sanjay ___

- Moose Jaw)
- ___ Flush
- Pasturelands
- Montreal's ___ Dame Basilica
- Canadian politics channel
- 'Persist' suffix
- Fall fabric

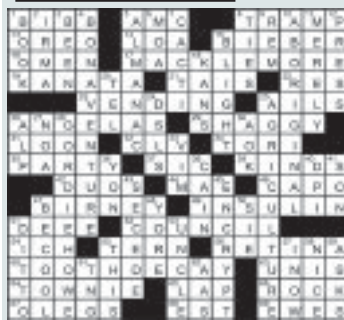
Down

- 1904 to 1905:

See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

- to-staff speech opener)
- Yesterday, in Italy
- Arcade game, Whac- ___
- Sly tactic
- Fork, in a Montreal restaurant
- Julia Roberts' actor brother
- Kiki and Sandra
- Gladiator's 800
- Killer whale
- The ___ (Famous mountains)
- Grind teeth together
- Rowboat needs 43. Qu' ___ Valley (Region of southern Saskatchewan)
- Thread holder
- Enthusiastic
- House's accessed-by-ladder spot
- Bowl-shaped pans
- Gladys Knight & The Pips hit: "If ___ Your Woman"
- Peeled
- Catchall category [abbr.]
- Have ___ (Zzzzz...)
- Ms. Turner
- Vienna, to Austrians
- Fly type
- ___ truck

Yesterday's Crossword

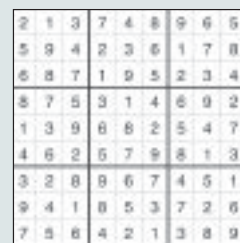


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

WEDNESDAY

THURSDAY



MAX: 29°
MIN: 16°



MAX: 30°
MIN: 15°



MAX: 30°
MIN: 18°



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